

**Full Report (All Nutrients) 45107498, ZATARAIN'S, FISH FRI, SEAFOOD BREADING, UPC: 071429024021**

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**Report Date: June 05, 2017 11:06 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	2.0 Tbsp 16g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	60	375
Protein	g	--	--	1.00	6.25
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	14.00	87.50
<b>Minerals</b>					
Iron, Fe	mg	--	--	1.80	11.25
Sodium, Na	mg	--	--	0	0
<b>Vitamins</b>					
<b>Lipids</b>					
<b>Amino Acids</b>					
<b>Other</b>					
<b>Ingredients</b>					
ENRICHED CORN FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONOCALCIUM, RIBOFLAVIN, FOLIC ACID). <i>Date Last Updated by Company:</i> 05/16/2016					